

STARTERS

MIXED PLATTER (Served with salad, serves two)	£6.95
A selection of chicken tikka, sheek kebab, onion bhajee & tandoori king prawn.	
KEBAB ROLL (Chicken or Lamb)	£3.50
CHICKEN TIKKA (Served with salad & mint sauce)	£3.95
LAMB TIKKA (Served with salad & mint sauce)	£4.25
TANDOORI CHICKEN (Served with salad & mint sauce)	£3.95
SHEEK KEBAB (Served with salad & mint sauce)	£3.95
RESHMI KEBAB (Served with salad & mint sauce)	£4.25
CHICKEN CHAT PUREE	£4.25
PRAWN PUREE	£4.25
KING PRAWN PUREE	£5.25
KING PRAWN BUTTERFLY (Served with salad & mint sauce)	£5.25
SAMOSAS (Meat or Vegetable, served with red sauce)	£2.95
ONION BHAJEE (Served mint sauce)	£2.95

TANDOORI SPECIALITIES

All tandoori dishes are served with salad & mint sauce

CHICKEN OR LAMB TIKKA HARIYALI	£6.50
Diced chicken or lamb marinated with yoghurt with special spices barbecued in clay oven then garnished with onions, green chillies & curry leaves	
PANEER SHASHLIK (mild)	£8.95
Home made cheese with green peppers, tomatoes & onions. Subtly spiced & slowly cooked in charcoal tandoori oven	
GRILLED LAMB CHOPS	£9.95
Tender lamb chops marinated in garlic & ginger cooked with special crushed spices	
TANDOORI CHICKEN (Half)	£6.50
Half chicken marinated in yoghurt with special spices then barbecued in clay oven	
CHICKEN TIKKA	£6.50
Diced spring chicken breast mildly marinated and grilled in clay oven.	
LAMB TIKKA	£6.75
Spiced & marinated pieces of lamb grilled in clay oven	
CHICKEN SHASHLIK	£8.50
Diced chicken breast marinated with spices & herbs then barbecued with onions, capsicum & tomatoes.	
TANDOORI MIX GRILL	£10.95
a selection of the grilled chicken tikka, lamb tikka, sheek kebab, 1 piece tandoori chicken & king prawn. Served with nan	
TANDOORI KING PRAWN SHASHLIK	£12.50
King prawns marinated with onion, capsicum, tomato & mixed spices then grilled in clay oven	

BIRYANI DISHES

Biryanis are complete meals cooked with Basmati rice and almond & sultanas. Topped with tomato & cucumber Served with vegetable curry

VEGETABLE BIRIYANI	£7.50
MUSHROOM BIRYANI	£7.50
CHICKEN OR LAMB BIRYANI	£8.85
PRAWN BIRYANI	£9.50
CHICKEN OR LAMB TIKKA BIRYANI	£9.85
SPECIAL BIRYANI	£11.95
Fusion of chicken tikka, lamb tikka, tandoori king prawns infused with Basmati rice topped with omelette.	
KING PRAWN BIRYANI	£11.50
TANDOORI KING PRAWN BIRYANI	£12.50
MIXED BIRYANI	£9.95

HOUSE SPECIALTIES

CHICKEN TIKKA MASALA	£7.95
Tikka cooked in a special mild sauce with butter, yoghurt & cream	
SPECIAL LEMON GRASS CHICKEN (Very mild)	£7.95
Diced chicken cooked in lemon grass with lime leaves, almond & coconut cream	
SPECIAL MURGH ANGARA	£7.95
This rare dish originated from Bombay. Chicken is cooked in a delicious sauce flavoured with curry leaves, green pepper, garlic, sesame seeds & garnished with spring onion & coriander	
SPECIAL CHICKEN OR LAMB MORISA (Very hot naga flavoured)	£7.95
Grilled chicken or lamb with green peppers, onions and a combination of Naga chillies	
SPECIAL MURGH NAWABI	£7.95
This famous dish was popular amongst Indian Nawabs during the British rule of India. Succulent half tandoori chicken marinated in highly flavoured spices then cooked off the bone with garlic, green pepper & spring onions	
SPECIAL GARLIC CHICKEN CHILLI MASSALA	£8.50
Chicken tikka pieces cooked in a thick sauce with garlic, pickle and fresh green chillies, tomatoes, capsicum & coriander	
SPECIAL CHICKEN OR LAMB TIKKA SHATKORA	£7.95
Chicken or lamb cooked with calamansi (wild lemon) in a traditional home style of Sylhet	
CHICKEN OR LAMB PASSANDA	£7.95
A delightful Mughal dish with rich creamy sauce made with yoghurt, mixed ground nuts almond powder with fresh cream.	
KORAI CHICKEN OR LAMB	£7.95
Garlic, ginger & special spices, cooked together with fried capsicum and tomatoes.	
CHICKEN OR LAMB JALFREZI (Fairly hot)	£7.95
Prepared with green chillies, diced onions, tomatoes & capsicum in thick spicy sauce.	
MURUGH MAKHANI	£7.95
1/2 Tandoori chicken off the bone mildly spiced, then baked in clay oven, cooked with butter, yoghurt & fresh cream.	
MURGHI MASSALAM	£8.50
Chicken tikka pieces cooked with minced meat in a medium spiced sauce	
BORO CHINGRI SPECIAL (Hot or medium)	£10.95
Kig prawn prepared with cinnamon & bay leaves cooked in special thick sauce with red chillies, garnished with coriander & fried egg on top	
KORAI KING PRAWN	£11.50
Succulent pieces of king prawns, cooked with capsicum & tomatoes in medium sauce	
TANDOORI KING PRAWN JALFREZI	£11.95
A fairly hot dish prepared with fresh green chillies, onions, tomatoes & capsicum.	
KING PRAWN NAWABI	£11.95
Medium strength juicy dish laced with almond powder, fresh garlic, ginger, topped with a touch of cream with omelette on top.	
TANDOORI KING PRAWN MASALA	£11.95
Succulent king prawns, cooked in very special mild sauce with butter, yoghurt & cream.	

CHICKEN & LAMB DISHES

All chicken dishes prepared with breast of chicken
(All dishes cooked with Chicken or Lamb Tikka £1.00 extra)

CHICKEN OR LAMB LANKHANI	£5.95
CHICKEN OR LAMB CURRY (Medium)	£5.50
CHICKEN OR LAMB MADRAS (Fairly hot)	£5.75
CHICKEN OR LAMB VINDALOO (Very hot)	£5.95
CHICKEN OR LAMB BHUNA (Medium with thick sauce)	£6.10
CHICKEN OR LAMB DOPIAZA (With diced onions)	£6.10
CHICKEN OR LAMB ROGON (With tomatoes)	£6.10
CHICKEN OR LAMB KORMA (Mild & creamy)	£6.10
CHICKEN OR LAMB SAAG (With spinach)	£6.50
CHICKEN OR LAMB PATHIA (Fairly hot, sour & hot)	£6.50
CHICKEN OR LAMB DANSAK (Fairly hot, sweet & sour with lentils)	£6.95
CHANA GOSTH (Chick peas with lamb)	£6.95

PRAWN DISHES

PRAWN CURRY (Medium)	£6.25
PRAWN MADRAS (Fairly hot)	£6.45
PRAWN VINDALOO (Very hot)	£6.85
PRAWN BHUNA (Medium with thick sauce)	£6.95
PRAWN DOPIAZA (With diced onions)	£6.95
PRAWN ROGON (With tomatoes)	£6.95
PRAWN KORMA (Mild & creamy)	£6.95
PRAWN SAAG (With spinach)	£7.50
PRAWN & MUSHROOM CURRY (Medium)	£7.50
PRAWN PATHIA (Fairly hot, sour & hot)	£7.50
PRAWN DANSAK (Fairly hot, sweet & sour with lentils)	£7.95

KING PRAWN DISHES

KING PRAWN CURRY (Medium)	£7.95
KING PRAWN MADRAS (Fairly hot)	£7.25
KING PRAWN VINDALOO (Very hot)	£7.50
KING PRAWN BHUNA (Medium with thick sauce)	£8.95
KING PRAWN DOPIAZA (With diced onions)	£8.95
KING PRAWN ROGON (With tomatoes)	£8.95
KING PRAWN KORMA (Mild & creamy)	£8.95
KING PRAWN SAAG (With spinach)	£9.50
KING PRAWN & MUSHROOM CURRY (Medium)	£9.50
KING PRAWN PATHIA (Fairly hot, sour & hot)	£9.50
KING PRAWN DANSAK (Fairly hot, sweet & sour with lentils)	£9.95

BALTI DISHES

Balti is a Kashmiri dish. It's origin goes well back to centuries in the Northern Indian State of Kahsmir. Balti dishes are individually prepared with selected spices and herbs with the Balti paste releasing a unique taste and aroma.

	Chicken / Lamb	Prawn	K-Prawn
BALTI CURRY (Medium)	£6.50	£7.50	£9.25
BALTI MADRAS (Fairly hot)	£6.75	£7.75	£9.50
BALTI VINDALOO (Very hot)	£6.95	£7.95	£9.70
BALTI KORMA (Mild & creamy)	£7.50	£8.50	£10.45
BALTI BHUNA (Fairly dry, medium spicy)	£7.50	£8.50	£10.45
BALTI ROGON (With tomatoes)	£7.50	£8.50	£10.45
BALTI DOPIAZA (With diced onions)	£7.50	£8.50	£10.45
BALTI DANSAK (Sweet & sour with lentils)	£7.95	£8.95	£10.95

BALTI TANDOORI SPECIALS

Chicken or Lamb	
SPECIAL BALTI PASSANDA	£8.95
SPECIAL BALTI MASSALA	£8.95
SPECIAL BALTI BHUNA	£8.95
SPECIAL BALTI DUPIAZA	£8.95
SPECIAL BALTI KORAI	£8.95
SPECIAL BALTI JALFREZI	£8.95
BALTI TANDOORI KING PRAWN MASSALA	£12.95

VEGETABLE SIDE DISHES

VEGETABLE CURRY	£3.25
MIX DRY VEGETABLES	£3.25
BOMBAY ALOO (Potatoes)	£3.25
ALOO GOBI (Potato & cauliflower)	£3.25
CAULIFLOWER BHAJEE	£3.25
SAAG ALOO (Spinach & potato)	£3.25
SAAG BHAJEE	£3.25
MUSHROOM BHAJEE	£3.25
BINDI BHAJEE (Okra)	£3.25
BRINJAL BHAJEE (Aubergine)	£3.25
NAGA DALL (Lentils cooked with naga pickle)	£3.50
CHANA MASALA (Chick peas)	£3.50
SAAG PONIR (Spinach & Cheese)	£3.75
MOTOR PONIR (Cheese with peas)	£3.75

RICE, NAN & SUNDRIES

PLAIN RICE	£2.50
PULAO RICE	£2.75
SPECIAL FRIED RICE	£3.25
VEGETABLE RICE	£3.25
MUSHROOM RICE	£3.25
KEEMA RICE	£3.25
COCONUT RICE	£3.25
ONION RICE	£3.25

CHEESE NAN	£2.75
CHEESE & GARLIC NAN	£2.95
PLAIN NAN	£2.50
STUFFED NAN (With vegetables)	£2.75
KEEMA NAN (With minced meat)	£2.75
GARLIC NAN	£2.75
PESHWARI NAN	£2.75
TANDOORI ROTI	£2.20
PARATHA	£2.50
STUFFED PARATHA	£2.95

CHAPATI	£1.50
PAPADAM (Plain or spicy)	£0.60
CHUTNEY (Lime pickle or Mango Chutney) (Each)	£0.60
RAITHA	£1.50

ENGLISH DISHES & DRINKS

CHICKEN NUGGETS & CHIPS	£5.95
MUSHROOM OMELETTE & CHIPS	£5.95
CHIPS	£2.00
SOFT DRINKS (Coke, Diet Coke, Lilt & Fanta)	£1.00

SET MEAL FOR 2

£28.00

STARTER:	1 TANDOORI CHICKEN, 1 SHEEK KEBAB
MAIN:	1 CHICKEN TIKKA MASSALA, 1 CHICKEN OR LAMB BHUNA
SIDE DISH:	1 BOMBAY ALOO
RICE & NAN:	1 PILAU RICE, 1 NAN
SUNDRIES:	2 PAPADOM

Indulge & Enjoy Authentic Indian Food

A bit about us...

At Herbs & Spice we endeavour to maintain the original style of Indian cooking to bring you some of the classic dishes you'll want to taste again and again. Our food and more importantly the team preparing, cooking & serving is what makes Herbs N Spice.

We prepare and cook on a daily basis ensuring freshness and quality is observed at all times. Our skills lie in the correct balance and mixture of the spices and herbs which we use to cook our food to release the original flavour and aroma.

We aim to provide our customers with the best Indian food along with exceptional customer service. Please get in touch if you have any questions.

Thank you and enjoy your meal

Herb 'N' Spice

31-32 Parklands, Coopersale, Epping, Essex, CM16 7RE

Open 7 Days a Week

5:30pm to 11:00pm Including Bank Holidays

Free Home Delivery

On orders over £15.00. Orders below minimum amount will incur a £2 charge

ALLERGY INFORMATION

Some of our dishes may contain the following Allergens: Gluten, Milk, Egg, Fish, Peanut, Sesame, Mustard or other allergens. Fish dishes may contain bones. If you suffer from any food allergies, please inform a member of staff before ordering.



All major credit/debit cards accepted on orders over £15.00. Management reserves the right to refuse service without giving reasons

Herb 'N' Spice

Authentic Indian Takeaway



Free Home Delivery

On orders over £15.00 (Locally)



Call to order

01992 576 633 / 576 600

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www.herbspice.net